



**Position: Cycling Instructor**

**Location: Miami, FL**

**Job Category: Part-Time (Grant Funded)**

**Program Name: Break The Cycle Summer Program**

**Program Dates: Monday, June 27 - Friday, August 5, 2022**

**Contract Amount: \$25/hr**

**ABOUT BREAKING THE CYCLE:**

Because many of its causes are intimately tied with the youth, Break The Cycle, with the assistance of vital community partners, sought out to help mold the future of Miami-Dade County by pioneering a summer program, Break The Cycle: Improving Lives Building Futures, which is centered around a holistic view and approach to the introduction of the sport of cycling to at-risk youth, while providing a framework for vital life skills and mindfulness techniques, with the goal of “breaking” the catastrophic cycles of gun violence, low graduation rates, high unemployment, and teen pregnancy in the Black community.

**Position Summary:**

We are searching for a spirited cycling instructor to lead multiple classes during the week. As a cycling instructor, you will be required to have extensive knowledge of the mechanics and application of bike riding along with planning engaging lessons, ensuring the proper use of bikes, and maintaining the cleanliness and logistics of bicycle inventory. Instructors will be required to teach between the ages of 10 and 18, not only how to ride a bike but to compete in bicycle races and competitions.

To be successful as a cycling instructor, you should be able to motivate all participants, regardless of their level of fitness. An outstanding cycle instructor will promote Break the Cycle's interest by encouraging participants to partake in other cycling activities.

## **RESPONSIBILITIES:**

The specific duties and responsibilities of this position include, but are not limited to the following areas:

### **Cycling Instructor Responsibilities:**

- *Teaching and Experiential Learning*
  - Devising fun and creative lesson plans that are appropriate for students at all fitness levels
  - Delivering lessons through the use of modeling and verbal instruction
  - Suggesting tailored exercises for individuals with physical limitations or injuries
  - Organizing courses that maintain the interest of participants
- *Management, Safety, and Operations*
  - Creating and maintaining a class structure
  - Ensuring that participants use the equipment in a safe and appropriate manner
  - Tracking attendance and progress at every class
  - Preserve the quality of supplies and materials. Report to the Site Supervisor when supplies are needed or missing.
- *On-going Programmatic Staff Responsibilities*
  - Memorize all emergency procedures and support the enforcement of camp rules
  - Maintain a high level of professionalism with parents, facility personnel, staff, and program partners at all times.
  - Attend onboarding training, morning update meetings, and program orientation
- Performs other duties as assigned.

### **Cycling Instructor Requirements:**

- High school diploma, GED, or equivalent
- Successful completion of a bicycle instructor training program preferred, but not required
- CPR or first aid certification
- Ability to issue clear and succinct verbal directions
- Excellent record-keeping skills
- A knack for conducting lessons that cater to all fitness levels
- Vibrant and personable disposition.
- Ability to motivate and challenge individuals to attain their fitness-related goals
- Be in good physical shape

### **Time Commitment:**

- June 2022 - August 2022
- Days: Mondays & Fridays (subject to change)
- Time: 2:30 pm - 3:30 pm (subject to change)

